

Project Trauma Support

Project Trauma Support was launched in 2015 with the intention of developing a program aimed at treating post-traumatic stress disorder and moral injury in military members, veterans, and first responders. We recognize the great contribution made by those who protect us, and our mission is to empower them to continue to serve. We maintain confidentiality of the program and ask that participants not share details of the programming and that they protect the personal information of the other participants and the peer mentors. This confidentiality is essential to our program and must be respected during and after the program in order to ensure that our participants have a safe and confidential environment to share their stories.

The safety and well-being of our participants and alumni is our first priority. We maintain regular and open communication with our alumni and are available to address any alumni concerns directly at any time.

Our work with Project Trauma Support over the past 5 years has given us a unique perspective on the ways in which one can be traumatized. Our focus is on military members, veterans and first responders who have had their humanity tested because they were willing to put themselves in harm's way for the benefit of society. We have heard many stories of operational trauma, but sadly, also many stories of trauma from attack by others, which can often be more damaging. Of particular focus in the news right now are the stories of sexual attack, affecting both men and women. We have learned how sexual trauma weaves complicated layers of injury not only to individuals but also to organizations and institutions. We have an obligation to better understand sexual trauma, the perpetuating and potentially alleviating influences, and ways to minimize risk. If we are to truly help those who have been affected, we must support them to be no longer indelibly marked by these experiences.

Our experience has been that the way to healing is through humility and self-reflection. Connection to one's own story, to others and to something greater than oneself will allow transcendence to a healing path of peace and purpose.

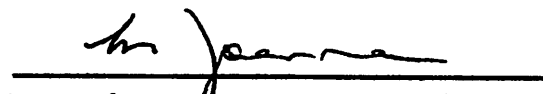
We exist because we believe that people can find pathways to healing; they can achieve different perspectives to move forward in life. With new insights, they can make better choices. If we did not believe that people could learn ways to think and perceive differently, why would we have mental health programming? Why would clinical psychologists exist?

We believe that what is needed at this time of unprecedented unrest and suspicion, is truth and reconciliation. The truth cannot be realized by listening to one side of the story. A prerequisite for reconciliation is compassion. We believe that compassion is the way forward. We encourage compassion for yourself, compassion for your story, and for all of those in it. We believe that there is nothing that cannot be made better by applying more love and less judgement.

For any who have been harmed by sexual trauma, we hear you. We know how painful this is. We will devote our efforts to learning more so that we can support you better. For those of you who are caring to make a difference in the lives of those who have been injured as a result of their service, please join us.

A handwritten signature in black ink, appearing to read "P. Rutherford", written over a horizontal line.

**Brig. Gen. (Ret'd) Paul Rutherford,
Chair, Project Trauma Support Board of Directors**

A handwritten signature in black ink, appearing to read "Manuela Joannou", written over a horizontal line.

**Manuela Joannou M.D. CCFP (EM) FCFP
Medical Director, Project Trauma Support**